



CHUNKY BREADED COD

Cooking Instructions:

For Best Results Cook From Frozen



Place on a tray in an oven pre-heated to 220°C / 425°F / Gas Mark 7 and cook for 25-30 minutes.



Place in oil pre-heated to 180°C / 350°F for 9-12 minutes or until crisp and golden brown.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com

Ingredients: Cod (65%), Batter (Water, Wheat Flour, Maltodextrin, Egg Powder, Salt, Dextrose, Mustard Powder, Onion Powder), Breadcrumbs (Wheat Flour, Yeast, Salt, Bread Improver (Emulsifier E472e, Flour Treatment Agent E300), Dextrose, Raising Agent E503ii), Rapeseed Oil.